

Self Leadership

The hardest person to lead is yourself.

I'll never forget being in a training session during a gap year and Steve Chalke asking us to look around as only 1 in 3 will last the course.

People stop leading others because they stopped leading themselves well first.

Vulnerable to burnout and the big three temptations: money, sex and power.

Private victories come before public victory

Jesus - times of prayer and chilling before and after great miracles and teaching -- first five chapters of Mark will show you Jesus pattern of intense ministry followed quickly by reflection, prayer, fasting and solitude.

Paul to Timothy - watch your life 1 Tim 4:12-16

Who is most responsible for making sure you'll be running the race and leading today, tomorrow, next year? **You are!**

King David learned that early on 1 Sam 30:6

This session focuses on making sure our gauges are full and working out how to top them up if not! Planes, trains and automobile have a dashboard with gauges on them - disastrous to ignore them Short term - engine light on Simca in 70's conked out in middle of a fiveway junction - big end bearings seized. We can get blow it through vulnerability to temptation especially when we haven't taken care of ourselves

Long Term - Janet ignored noisy brakes on her car- when I looked the pads worn to metal - had to replace the pads and discs - lot more expensive!

Five human gauges - Physical, mental, emotional, relational and spiritual

Physical Gauge

Paul tells us that

Physical training is of some value (1 Tim 4:8)

Greed is idolatry Col 3:5

Jesus needed to sit by a well when He was tired from a journey John 4:5-7

Our physical bodies are important if we want to run a life-long race.

Sleep

Food

Exercise

Mental Gauge

Easy to get in a mental rut - doing the same things and thinking the same way and expecting different results!

Sign at start of Sahara desert! Be careful which rut you use, you'll be in it for 1500 miles

What I have I put in my brain this week?
What do I watch and listen to?
What am I currently reading?
Who is speaking into my life currently?

Emotional Gauge

Ministry is draining, people are draining, being in a cross cultural environment can be draining. You didn't need me to fly thousands of miles to tell you that. Some things we do are IMA's - intensive ministry activities - confrontation, counselling, trustees meeting, budget meeting, deliverance ministry. Or any activity that is not in your primary gift mix!

You need to install an emotional fuel gauge into your dashboard and learn how to read it.

When it's empty...

Feel more vulnerable morally

Short with people

Experience negative thoughts about yourself

Feel overwhelmed

Wishing you could disappear to a desert island for a while

You can't just pull into a garage for a top up of this one - it's less a fuel tank than a car battery. It needs trickle charge.

How do you recharge your emotional battery? Bath, running, golfing, hobby.

Elijah found himself empty in 1 Kings 19:3-9

He needed rest, he needed to eat and he needed to go to meet God!

How are you? "Busy" - I hate that! We are not meant to wear "busy" as a badge of honour. Ministry trip - plane, endless meetings, back home. Sometimes think that modern leaders would have done Jesus ministry wanderings in 3 weeks rather than 3 years! But Jesus - often read "Then Jesus and his disciples went from Judea to Galilee" - about 50 miles. Hugely significant! 2-3days of walking, telling jokes, goofing around, resting, picking some corn and having a drink, resting in the afternoon and then keeping on going!

Relational Gauge

Relational and emotional gauges are like oil and water! Keep things lubricated in our lives!

Unresolved conflict - Matt 5:23 (you upset them) and 18:15-19 (they upset you).

Whose responsible to go once you have released there is an offence?

James 1:19 - 2 ears 1 mouth. Use in proportion

Look for a win-win

Cross cultural

WHAT THE BRITISH SAY	WHAT THE BRITISH MEAN	WHAT FOREIGNERS UNDERSTAND
I hear what you say	I disagree and do not want to discuss it further	He accepts my point of view
With the greatest respect	You are an idiot	He is listening to me
That's not bad	That's good	That's poor
That is a very brave proposal	You are insane	He thinks I have courage
Quite good	A bit disappointing	Quite good
I would suggest	Do it or be prepared to justify yourself	Think about the idea, but do what you like
Oh, incidentally/ by the way	The primary purpose of our discussion is	That is not very important
I was a bit disappointed that	I am annoyed that	It doesn't really matter
Very interesting	That is clearly nonsense	They are impressed
I'll bear it in mind	I've forgotten it already	They will probably do it
I'm sure it's my fault	It's your fault	Why do they think it was their fault?
You must come for dinner	It's not an invitation, I'm just being polite	I will get an invitation soon
I almost agree	I don't agree at all	He's not far from agreement
I only have a few minor comments	Please rewrite completely	He has found a few typos
Could we consider some other options	I don't like your idea	They have not yet decided

Peopled out!

Introverts get drained by being with people and need to find ways to recharge

Extreme extrovert - love being with people - generally energised by being with people. Alone discharges me!

Peopled out - just need a break from being with people - watch your scheduling.

In [Restoring your Spiritual Passion](#), Gordon Macdonald talks about 5 types of people we relate with - 3 fillers and 2 are drainers! Hate to put people in boxes, but the point he is making is that we need to ensure we balance our time with people or our emotional and relational gauges will get sucked dry fast! Don't like putting people in boxes, but this is a helpful way not to plan your week so you get drained by every leadership encounter!

1 Very Resourceful People - ignite our passion

2 Very Important People - share our passion and run with us

3 Very Trainable People - who catch our passion and learn to run with us

4 Very Nice People - they enjoy our passion and are kind and good, but absorb all our energy without much result

5 Very Draining People - sap our passion and are no fun to be around!

People change - I've seen Very Nice People become Very Trainable People and then even Very Important People! And people can be different to different people - John Mark was a VDP to Paul but a VTP to Barnabus!

Make sure you balance your people time! Making a difference and then being with people who can help you!

Spiritual Gauge

Some ways this is the easiest gauge to read! And the most important! 1 Tim 4:8 "physical training has some value, but godliness has value for all things, holding promise for both the present life and the life to come"

2 things to keep this one pumped - our times with the Lord and being filled with the Spirit.

Times with the Lord

Contend there are some good habits we need to do to draw near to the Lord, but we are all wired differently!

Hybels argues for different pathways in Courageous Leadership

Relational pathway - solitude feels like solitary confinement. Pathway to God is relational - thrive when praying in a group

Intellectual pathway - need a couple of commentaries open to enjoy reading the Bible!

Serving - close to God when they are serving

Contemplative - being alone with God enough

Activist - feel closest to God when they are on the edge and crying out to God

Creation - meet with God when they are out in nature - must admit I often pray best on my bike!

Worship - CD on!

I'm not totally convinced finding your pathway is the be all and end all of staying Spiritual pumped! I think there is a seasonal element to how we meet with God depending on the phase of life you are in. Stephen Eyre identified five phases in a book I read in 1990 - can I find the book? No!

Desert - dry times, when prayer feels empty, lonely and dry. May feel we have done something wrong - may have, or it may just be a season to increase your hunger and thirst. If God has lead you there it's to help you grow. If your own stupidity has got you there. Go back to where it started, repent and get out!

Occasional - the cares and business of life have taken over and your times with the Lord have become erratic. God doesn't take you to this one. Sometimes it may be a reaction to getting too rigid - or determined. Not a great place to stay for long if you want to be spiritually pumped!

Devotional - great fun, Psalms and worship feature highly. Mountain top times. Rest, but often you don't learn much!

Determined - you are in a disciplined phase. Bible in a year, prayer list. Great if there's life and it's coming from a place of sonship not striving.

Study - Phase of deeper study, going through a book, getting the meat out.

Nothing wrong with moving in and out of phases and don't get guilty! God wants to meet with you in devotions, study and good discipline. Sometimes he will take you through a desert to teach you and mature you.

Handout with gauges - where are your gauges, which direction are they going? Few minutes to fill in

Partner up 2s or 3s and discuss and then pray for each other